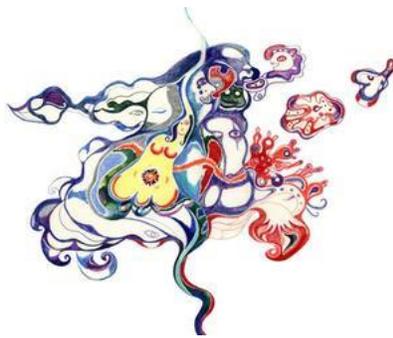




NAMI News



Education & Advocacy

January Meeting

Wednesday, March 6 at 6:00pm

NAMI Office: 1300 North Dutton Ave.

This month's meeting will feature Naomi Murakami, Art Director at Wellness and Advocacy Center. This is a visual tour of how art can become a utopian possibility. Learn how art has been liberated from its traditional role. Understand how being creative lets you find your own happiness and to appreciate others' ways. Find out why some artists made art as a pure act of creativity. You will also find that there is a strong similarity in the philosophy of contemporary art and Mental Health Self-Help Recovery.

This presentation is created for people with or without mental health difficulties. Its core message is to dispel stigma with just the way you see things.



Human Race 2013

Saturday, May 11 at 8:00am

Slater Middle School

Go Team NAMI Sonoma County!

On Saturday, May 11, NAMI Sonoma County will participate in the Sonoma County Human Race. We ask our NAMI friends and family to sponsor this effort by giving \$10, \$20, \$50, or whatever you can to help. Visit our page [here!](#)

NAMI Sonoma County is proud to be participating in the Human Race 2013! The Human Race is a nationwide community fundraising event for nonprofits and is the largest collaborative fundraising event in Sonoma County!

NAMI's Mission:

To provide education, support and advocacy for all people affected by mental health challenges.

NAMI's Vision:

NAMI collaborates with community partners to increase public and professional awareness of mental health challenges and eliminate stigma. We strive to positively impact mental health systems, provide direct support and educational services, and offer hope to families and individuals living with mental illnesses.



Family-to-Family Class
Saturdays, March 2-May 18, 11:30am
Petaluma

There's still room to enroll in Family-to-Family class beginning March 2! This is a free, 12-week class led by trained family members for family/friends of individuals with mental illnesses or emotional disorders. You will learn about the biology of the brain, medications, and communications along with numerous other topics about your family member's mental illness. To register, call [707-527-6655](tel:707-527-6655) or email david@namisoco.org.



NAMI Book Discussion
NAMI Office: 1300 North Dutton Ave.
March 16 at 2:00pm

Hello readers! For this month's meeting, we are reading [Anatomy of An Epidemic, by Robert Whitaker](#). There is still time to join the Book Club in reading this insightful and investigative book, and the Library has several copies!



Free & T'ai Chi!
Mondays, 6:00pm
NAMI Office: 1300 North Dutton Ave.
Free is so affordable. Tai Chi is so good for health. Put them together and you get a very affordable way to maintain health. NAMI offers a free Tai Chi class every Monday night! Come and learn how to harness the body's energy on behalf of enhancing health, peace of mind, and a more balanced sense of self. I look forward to meeting you!
Your Teacher,
Karen



New Activities, New Art Time
Tuesdays, 12-4:30pm
NAMI Office: 1300 North Dutton Ave.
The NAMI Art Group is creating dreamcatchers today! Visit us for Art Afternoons on Tuesdays to meet the new facilitators joining True, and for these inspiring and explorative activities planned for this month:
March 5th: Birdhouses
March 12th: Flower pot decorating
March 19th: T-shirt designing
March 26th: Keepsake boxes

Resources

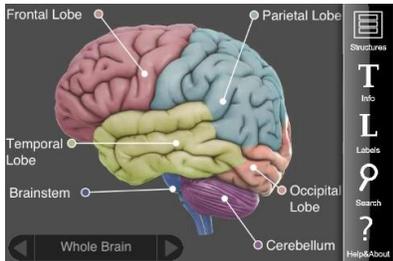


Ex-offender Employment Workshop

**Sonoma County HR Training Ctr.
575 Administration Dr. Suite 117
Santa Rosa, CA**

March 18, 2013, 9am-3:30pm

This workshop will consist of resource information and opportunities for ex-offenders seeking job skills and employment. Breakout groups will address resume building and interview techniques specific for ex-offenders. Pre-registration is required by March 12. Contact Lisa Hansley at 565-3611 or lhansley@sonoma-county.org.



David's App of the Month 3D Brain

If you've always wondered what area of the brain does what, this is a great app and it will show you where it is. You've always heard about different areas being responsible for certain functions and maybe you can't remember what the name is. Find this app in your phone's app store and you will know!

Mental Health News



Affordable Care Act

The Affordable Care Act builds on the Mental Health Parity and Addiction Equity Act of 2008 to extend federal parity protections to 62 million Americans, by requiring coverage of mental health and substance use disorder benefits for millions of Americans in the individual and small group markets who currently lack these benefits, and expanding parity requirements to apply to millions of Americans whose coverage did not previously comply with those requirements. Find out more [here!](#)



"How WRAP Can Help with Hoarding and Clutter"

Listen to PEERS RADIO Episode on How WRAP (Wellness Recovery Action Plan) can help with Hoarding and Clutter. Host Jenee Darden interviews Lee Shuer who talks about his current journey of recovery from over-collecting. Lee is the Director of Mutual Support Services at ServiceNet in Northampton, Mass. Listen [here!](#)



Silver Linings Playbook

"Academy Award nominee Bradley Cooper, star of *Silver Linings Playbook*, didn't know much about mental illness before he made the film. Since then, the movie has been nominated for 5 Academy Awards, including every acting category, the first motion picture in over 30 years to earn that distinction. In the process, the movie has become a powerful vehicle for advancing a national dialogue on mental illness... One of the lessons of *Silver Linings Playbook* is that the "power of family" is a vital force for transformation - a fact that Sperling noted is reflected in NAMI's Family-to-Family Education program. Love, acceptance and being embraced by a community are key, both to recovery and breaking down barriers of stigma. Looking ahead to the Academy Awards and beyond, let the national dialogue continue."

Read this article [here!](#)

"A Broken Mental Health System"

Bill Macphee, Editor of SZ Magazine.

Let the families in.

There is no doubt that the mental health system in North America is broken. Every day I read about just some sort of tragedy that could have been prevented if someone would have just listened to concerned individuals, mainly parents. I know firsthand that people who do well dealing with mental illness have the support of family members. When I was very ill in 1987, my parents were always there to help in my recovery. I was hospitalized 6 times; they would visit me in the hospital every day and bring me things to eat and stay with me. When I left the hospital, my parents allowed me to live with them. My dad drove me to my group therapy sessions, and filled in all of my paperwork. Basically, my parents were just there for me. I still remember sitting with my mother for hours on end, not saying. We just drank cup after cup of tea in silence while the time passed. The mental health system needs to be open to dealing with family members who know more about a patient than anyone else. Parents just want to be involved in their loved one's treatment, because they know their son or daughter and many times they see a relapse coming on. Families just want to be heard; they want to help. I know there are times when parents are not helpful or do not understand, but in general, family participation outweighs the negative.

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